Fall has arrived! If you look outside, you might see the leaves beginning to change colour. We have lots of enjoyable virtual and in-person programs planned for this month so please speak with your Therapeutic Recreation staff and check out your floor calendars for more details. Did you know you can also request individual recreation supplies and resources to do on your own or with a caregiver? Even residents who may require assistance putting on TV channels, music stations or getting set up with art supplies - these are all just a few examples of how the team can help residents engage in meaningful activities.

We hope you all have a wonderful month.

Apotex 3 resident Lawrence Fergus enjoyed some beautiful weather and delicious BBQ in August. Every floor had their own BBQ this summer and overall, they were a great success.

Residents enjoyed the music, ambience, socialization and getting outside for a special meal!
Baycrest Summer Olympics—a Success!

Apotex 4 resident Corrine Herskovits and Recreationist Keeley Dougherty celebrate winning the Baycrest Summer Olympics Gold medal!

All the floors participated in many fun and engaging outdoor programs this summer, but Apotex 4 did the most! Some programs Corrine really enjoyed included movement to music, chair dancing and guided imagery and relaxation.

Apotex COVID-19 Updates

Vaccination remains the most critical step in protecting ourselves and each other against COVID-19. In this vein, staff have been informed of Baycrest’s new mandatory vaccination policy for staff, physicians, contractors and learners. Any staff members who are not fully vaccinated will be required to complete daily rapid antigen testing as part of the daily screening before entering the campus.

Employees have until November 15, 2021, to receive their second dose and come into compliance with Baycrest’s vaccination policy. We will do everything we can to support individuals to make the evidence-informed choice to vaccinate - for their own health and well-being, and also that of their families, friends, co-workers and clients. Research continues to demonstrate that vaccination is the primary tool in our defense against COVID-19.
What’s on This Month!

Fun Virtual Programs

- Sing along with Rachel! Join Rachel and her guitar for 45 minutes of fun sing along songs—Thursday, October 14 1:45-2:30 p.m.
- Howard Mednick is back again for another fascinating installment of his Classical Music DJ lecture. Whether you are a seasoned Classical music lover or new to Classical music, he will spark your interest and get you engaged! - Thursday, October 7 1:45-2:45 p.m.
- Concert with Eleanor Rice - Join Eleanor for beautiful piano music and singing on Tuesday, October 12 from 2:00-2:45 p.m.
- Virtual Pet Therapy with Puppy Oakley - Wednesday, October 27 1:45-2:20
- Welcoming Shabbat with different Rabbis every Friday from 1:45-2:15 p.m.

Please speak with your TR staff for more details and how to attend a virtual program! Also check your On-Floor Calendars for amazing in-person recreation programs happening on your floor!

**Virtual Café Europa**

Mingle with friends and connect over music!
Wednesday, October 6 from 1:45-3:15 p.m.
Please contact amax@baycrest.org or ext. 2259 for the ZOOM info.

**Upcoming Meetings:**

Resident Food Committee (Virtual)
Monday, October 4, from 10:30-11:30 Please sign up with Zarna Patel (ext. 6658) if you have never attended a meeting.

Apotex Residents’ Advisory Council (Virtual)
Tuesday, October 19 from 1:45-2:45 p.m.
Sign up with your Recreationist.

**We supply iPads for virtual programs and meetings.**
Most of us know the story of the U.S. Thanksgiving with its pilgrims, turkey and cranberry sauce and so forth—thanks to American media. But few of us seem to know the story behind Canada’s Thanksgiving. I know I didn’t. Growing up in Montreal, Thanksgiving wasn’t a big deal and not many really celebrated it with any ritual, although we were glad to be off school for a day. We always just thought it was: “Hooray, we got the wheat in before it snowed.” Not much of a story to tell; but actually, there is much more to Canada’s Thanksgiving than we give credit for.

Thanksgiving Day is an annual Canadian holiday which celebrates the harvest and other blessings of the past year. The history of Thanksgiving in Canada can be traced back to the 1578 voyage of Martin Frobisher from England in search of the Northwest Passage. His fleet of 15 ships was outfitted with men, materials, and provisions to start a settlement. However, the loss of one of his ships through contact with ice, along with much of the building material, prevented him from doing so. The expedition was plagued by ice and freak storms, which at times had scattered the fleet. On meeting together again at their anchorage in Frobisher Bay, Robert Wolfall, their chaplain, "... made unto them a godly sermon, exhorting them especially to be thankful to God for their strange and miraculous deliverance in those so dangerous places."

The inspiration for Thanksgiving, whether Canadian or American, comes from the holy day of Sukkot in the Hebrew bible. The Pilgrims in the States and Rev. Wolfall in Canada were students of what they called the “Old Testament,” our Hebrew bible, and knew of that biblical celebration of the fall harvest of Sukkot in the Holy Land. They modelled their celebrations after the description of Sukkot celebrations found there, especially King Solomon’s celebration of Sukkot at the time of the dedication of the First temple. Using that as their example, Canadians and Americans developed their own traditions of Thanksgiving that we celebrate in our day and age.

Whatever tale of Thanksgiving you choose to celebrate, we wish you a happy Thanksgiving.

Your Spiritual Care team, Rabbi Geoffrey Haber, Director
To all of our Baycrest residents,
Shana Tova and Chag Sameach!
As we wrap up our month of holidays, I want to extend my appreciation to Baycrest residents, families, and staff for coming together to plan a virtual holiday season. Throughout the month of September, Spiritual Care staff facilitated pre-recorded services and educational Torah sessions for your viewing!

With planning from the Department of Culture and Arts, Spiritual Care, Therapeutic Recreation – Apotex, Resident Advisory Council, and Family Advisory Council, teams collaborated to offer services and programs to each floor. With support from nursing staff, meal assistants, and Therapeutic Recreationists, we were able to engage over 150 residents in viewing each holiday’s virtual services, provide 2 livestream programs to 60 residents, and offer 12 small group programs in the Sukkah and numerous other small group in-person programs centering around the holidays and residents sharing their memories.

Additionally, Baycrest extends its gratitude to Beth Tzedec Congregation for allowing our residents to view their livestream services for Sukkot, Shemini Atzeret, and Simchat Torah.

If you have any feedback regarding the holiday planning from Rosh Hashanah, Yom Kippur, Sukkot, Shemini Atzeret, or Simchat Torah, please contact CultureandArts@baycrest.org or at (416)-785-2500 ext. 2300.
Around the Centre

Here is a snapshot of some of the amazing activities and creative programming happening around the centre:

Residents watch one of the virtual services offered during the high holidays in September. Residents enjoyed the Cantorial music, getting to hear from our own Rabbis and spiritual care team, plus feeling connected while viewing community services from local synagogues.

Resident Morty Lieberman and Recreationist Emily Sitter enjoyed a beautiful moment in the Sukkah. Rabbi Haber came to lead a program with the residents, reminisce and shake the lulav and the Etrog.
Caregiver Corner

- **How do you practice mindfulness meditation?**
The easiest and simplest mindfulness practice to bring into your life is the sitting practice, which can take as little as three minutes.

- **Here is a 4-step mindfulness meditation practice you can try right now:**
1. Sit in a chair with your back supported and your feet planted on the ground. Place your palms face down on your thighs or clasped in your lap. Close your eyes.
2. Bring awareness to the moment – be aware of your thoughts, feelings, and bodily sensations. Recognize and accept these thoughts, feelings, and sensations without judgement.
3. Now, shift the focus of your attention to your breath – focus on each inhale and exhale and what you are experiencing as you breathe: the rise and fall of your chest, how the air feels in your nostrils, the sound of your exhale. Is your breathing smooth? Shallow? Does it change as you focus on it? If your attention drifts, bring it back to your breath. Expand your awareness to your entire body – from the top of your head to your toes. Take 3 deep breaths – in through your nose, out through your mouth. Open your eyes.

Creative Storytelling - Virtual Edition! Each month Therapeutic Recreation Specialist Cindy Kaizer has been joining us for a virtual program that encourages Apotex residents of all abilities to collectively make a fun and creative story based on an interesting, thought-provoking photo. The beauty of this program is that rather on focusing on “right” or “wrong,” residents are simply encouraged to express themselves creatively, and all answers and contributions are incorporated into the story. The residents feel a sense of accomplishment in creating something as a group plus we have lots of laughs along the way! See next page for a story created by Apotex residents...
Help I’m Running Away!

There are two bouquets of sunflowers so this is a marriage. They are the bride and groom.

The man holding the shotgun is the pastor. He is probably fooling around or he would get arrested for holding the gun to them. The groom may be trying to run away and the other man is keeping him there. Maybe the man with the gun is the groom’s father and wants his son to get married. So by holding the gun, he is making sure he does marry her. He is pointing the “Mother in law finger” and warning him.

Empty chairs and neat grass mean they are in a rehearsal. Maybe some people didn’t show up because they didn’t agree with the marriage.

They will have a happy marriage. They will do a honeymoon on an island. Do they bring the man with the shotgun? Don’t trust people in suspenders!

Resident Corner

Meet Barbara from Apotex 3! Barbara was born in Toronto as the eldest of 3 siblings. Her husband, Kenneth, was a pharmacist and they were married 53 years. Barbara would often help him at his store. They have 2 sons, Gary and Aaron and also has 3 grand-children. The family travelled all over the U.S.A and western Canada. Now, Barbara is happy to be here, making friends, and participating in various programs!
Canadian Thanksgiving is a statutory or public holiday throughout all of Canada.

Answer: False. In the Atlantic provinces (Newfoundland and Labrador, New Brunswick, Nova Scotia, Prince Edward Island), it’s optional.

Canadian Thanksgiving is celebrated every year on the second Monday in October.

Answer: True. Officially celebrated since 1897, the second Monday in October became the observed day in 1957.

Canada’s favorite pastime on Thanksgiving is watching football.

Answer: True. The Canadian Football League holds a doubleheader.

Similar to our American neighbors, turkey and stuffing are part of the traditional Thanksgiving menu.

Answer: True. Brussels sprouts, squash, mashed potatoes, and cranberry sauce are regular favorites as well.

The traditional dessert is always blackberry pie.

Answer: False. Pumpkin pie is the dessert of choice at Thanksgiving.

The number of calories consumed in an average Thanksgiving meal is 1,000.

Answer: False. According to many sources, the meal can exceed 2,700 calories depending on the side dishes and dessert.

One reason Canada celebrates Thanksgiving in October is that its harvest comes earlier than in the United States.

Answer: True. The farther north you are on Earth, the colder the weather gets, which causes the harvest to come sooner.
Apotex Leadership Team

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Extension</th>
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<tbody>
<tr>
<td>Lisa Marcovici</td>
<td>Executive Director (Interim)</td>
<td>Ext. 3349</td>
</tr>
<tr>
<td>Tejas Patel</td>
<td>Director of Care (Interim)</td>
<td>Ext. 6238</td>
</tr>
<tr>
<td>Cyrelle Muskat</td>
<td>Director, Quality, Systems &amp; Wellness</td>
<td>Ext. 3659</td>
</tr>
<tr>
<td>Nelia Cabral</td>
<td>Apotex 2 Manager</td>
<td>Ext. 2566</td>
</tr>
<tr>
<td>Tejas Patel</td>
<td>Apotex 3 Manager</td>
<td>Ext. 6238</td>
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<tr>
<td>Jessica Valleau</td>
<td>Apotex 4 Manager</td>
<td>Ext. 2569</td>
</tr>
<tr>
<td>Homaira Haqdad</td>
<td>Apotex 5 Manager</td>
<td>Ext. 6348</td>
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<tr>
<td>Selvi Krishnadasan</td>
<td>Apotex 6 Manager</td>
<td>Ext. 2482</td>
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<tr>
<td>Marilene Antonio</td>
<td>Apotex 7 Manager</td>
<td>Ext. 3195</td>
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<tr>
<td>Zarna Patel</td>
<td>Food Services Manager</td>
<td>Ext. 6658</td>
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Apotex Social Work

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Lisa Sutherland</td>
<td>Apotex 2 &amp; 6</td>
<td>Ext. 5746</td>
</tr>
<tr>
<td>Tanya Klochkov</td>
<td>Apotex 4 &amp; 7</td>
<td>Ext. 2990</td>
</tr>
<tr>
<td>Jessica Rochman Fowler</td>
<td>Apotex 3 including Transitional Behavioral Support Unit</td>
<td>Ext. 2402</td>
</tr>
<tr>
<td>Daniel Navy</td>
<td>Apotex 5</td>
<td>Ext. 5645</td>
</tr>
</tbody>
</table>

Apotex Therapeutic Recreation

**Apotex 2** - Jessica Baker (ext. 5879)

**Apotex 3** - Janice Ocampo (ext. 2313)

**Transitional Behavioural Support Unit** (TBSU) - Mara Swartz (ext. 3577) and Hayley Rosen (ext. 5602)

**Apotex 4** - Keeley Dougherty (ext. 3885)

**Apotex 5** - Sabina Ntim (ext. 5169)

**Apotex 6** - Paula Carcamo (ext. 5430), Pardeep Basra (ext. 2340) and Shari Fremeth-Tepper (ext. 2207)

**Apotex 7** - Kelly Rose (ext. 3162) Pardeep Basra (ext. 2340) and Shari Fremeth-Tepper (ext. 2207)